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## LOCAL COOPERATIVE EXTENSION SERVICE OFFICE

Cooperative Extension Service offices are a source of nutrition education resources, programs, and Team Nutrition related youth, family and community activities. The local offices are usually in courthouses, post offices, or other government buildings. Telephone numbers are usually listed in the telephone directory under county/city government and often the listing includes the name of the land-grant university.

## STATE EXTENSION OFFICES

Cooperative Extension Service state offices are located on the campuses of land-grant universities. Below is a list of Cooperative Extension faculty who are a source of research-based nutrition information including Team Nutrition in the state offices.

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The national office is located in the U.S. Department of Agriculture, Washington, D.C.

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# Regional USDA Team Nutrition Contacts

## **NORTHEAST REGION**

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## **MID-ATLANTIC REGION**

*Delaware, District of Columbia,  
Maryland, New Jersey, Pennsylvania,  
Puerto Rico, Virginia, Virgin Islands,  
West Virginia*

Walt Haake  
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Mercer Corporate Park  
300 Corporate Blvd.  
Robbinsville, New Jersey 08691-1598  
(609) 259-5091

## **SOUTHEAST REGION**

*Alabama, Florida, Georgia,  
Kentucky, Mississippi, North  
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77 Forsyth Street, SW, Suite 112  
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*Illinois, Indiana, Michigan,  
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Lawrence Rudmann  
USDA/FCS/MWRO  
77 West Jackson Blvd., 20th Floor  
Chicago, Illinois 60604-3507  
(312) 353-1044

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*Arkansas, Louisiana, New Mexico,  
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Judy Barron  
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1100 Commerce St., Rm 5-C-30  
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(214) 767-0256

## **MOUNTAIN PLAINS REGION**

*Colorado, Iowa, Kansas, Missouri,  
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1244 Speer Blvd., Suite 903  
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(303) 844-0355

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*Alaska, Arizona, California,  
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# USDA's Team Nutrition Supporters

To date, over 200 organizations, including nutrition, health, education, entertainment, and food industry groups support Team Nutrition's Mission and Principles.

## THESE ORGANIZATIONS SUPPORT THE MISSION AND PRINCIPLES OF TEAM NUTRITION

ADVOCAP, Inc.  
Agricultural Women's Leadership Network  
Agenda for Children  
American Academy of Pediatrics  
American Alliance for Health, PE, Rec. & Dance  
American Association of Family & Consumer Sciences  
American Bakers Association  
American Cancer Society  
American College of Physicians  
American College of Preventive Medicine  
American Culinary Federation  
American Dietetic Association  
American Farm Bureau Federation  
American Fed of School Administrators  
American Fed of Teachers  
American Fine Foods  
American Health Foundation  
American Heart Association  
American Heart Association, MD Affiliate  
American Institute for Cancer Research  
American Institute of Wine & Food  
American Meat Institute  
American Medical Association  
American Medical Student Association  
American Natl CattleWomen, Inc.  
American Nurses Association  
American Oat Association  
American Psychological Association  
American Public Health Association  
American School Food Service Association

Archer Daniels Midland Company  
Archway Cookies  
Association for Children of New Jersey  
Association for the Advancement of Health Education  
Association of Maternal & Child Health Programs  
Association of State & Territorial Public Health Nutrition Directors  
Aurora Project, Inc.  
Beef Products  
Better Baked Pizza  
Big Brothers/Big Sisters of America  
Blue Diamond Growers  
Boy Scouts of America  
Bread for the World  
Brooks Foods  
Bumble Bee Seafoods  
California Apricot Advisory Board  
California Beef Council  
California Dept. of Education  
California Food Policy Advocates  
California Fresh Carrot Advisory Board  
California Prune Board  
California Tomato Growers Association  
The Campaign for Food Literacy  
Cancer Research Foundation of America  
Careers Through Culinary Arts Program  
Center for Environmental Education  
Center for Science in the Public Interest  
Center on Hunger, Poverty, & Nutrition Policy/Tufts University School of Nutrition  
Cherry Marketing Institute  
Children's Action Alliance  
Children's Action Network  
Children's Defense Fund  
Children's Foundation  
Citizens for Missouri's Children  
Citizens for Public Action on Cholesterol  
Community Kitchen of Monroe County, Inc.

Comstock Michigan Fruits  
ConAgra, Inc.  
The Congressional Hunger Center  
Consumer Federation of America  
Corning Consumer Products Co.  
Council of Agricultural Science & Technology  
The Council of the Great City Schools  
Cooperative State Research, Education, and Extension Service, USDA  
Culinary Institute of America  
Curtice Burns Foods  
DINE Systems  
Dole Food Company, Inc.  
Draper King Cole, Inc.  
Eastern Shore Seafood Products  
Eastside Community Ministry  
Family Nutrition Program/Purdue University Cooperative Extension Service  
Finger Lake Packaging  
Florida Dept of Citrus  
Food Chain  
Food Marketing Institute  
Food Research & Action Center  
Food Service Sys Mgmt Education Council  
The Food to Grow Coalition  
Furman Foods, Inc.  
Gehl's Guernsey Farms, Inc.  
General Mills, Inc.  
Georgia Dept. of Agriculture  
Gilroy Canning Company, Inc.  
Girl Scouts of the USA  
The Gleaners Foodbank of Indiana, Inc.  
Green Thumb, Inc.  
HJ Heinz Company  
Hormel Foods Corporation  
Howard Foods, Inc.  
Hudson Specialty Foods  
Hunger Action Coalition  
Husman Snack Foods  
Indiana Agricultural Leadership Institute  
Intl Apple Institute  
Intl Food Info. Council

- Intl Foodservice Distributors Association  
 JR Simplot Co.  
 James Beard Foundation/Dando & Company  
 Jewish Healthcare Foundation of Pittsburgh  
 Kelly Foods  
 Kent State University, School of Family and Consumer Studies  
 KIDSNET  
 Lakeside Foods, Inc.  
 Land O' Lakes Custom Product Division  
 LDS Church Welfare Services  
 Life Lab Science Program  
 Marriott Mgmt Services  
 Marvel Entertainment Group  
 Mello Smello  
 Michigan Apple Committee  
 Michigan Asparagus Advisory Board  
 Michigan Plum Advisory Board  
 Michigan Red Tart Cherry Info. Committee  
 Minnesota Cultivated Wild Rice Council  
 Minnesota Food Education & Resource Center  
 Minnesota Food Share  
 Mothers & Others for a Livable Planet  
 Muir Glen Organic Tomato Products  
 Nalleys Fine Foods/Div. of Curtice Burns  
 Natl. 4-H Council  
 Natl. Alliance of Vietnamese-American Service Agencies  
 Natl. American Wholesale Grocers Association  
 Natl. Association for Family & Community Education  
 Natl. Association for Sport & Physical Education  
 Natl. Association of Elementary School Principals  
 Natl. Association of Psychiatric Treatment Centers for Children  
 Natl. Association of School Nurses  
 Natl. Association of School Psychologists  
 Natl. Association of State NET Coordinators  
 Natl. Association of WIC Directors  
 Natl. Black Child Development Institute  
 Natl. Black Nurses Association  
 Natl. Black Women's Health Project  
 Natl. Broiler Council  
 Natl. Cattlemen's Beef Association  
 Natl. Consumers League  
 Natl. Council of LaRaza  
 Natl. Dairy Council  
 Dairy Council Mid East  
 Washington State Dairy Council  
 Natl. Dental Association  
 Natl. Dry Bean Council  
 Natl. Education Association  
 Natl. Extension Association of Family and Consumer Sciences  
 Natl. Farmers Organization  
 Natl. Farmers Union  
 Natl. Fisheries Institute  
 Natl. Fitness Leaders Association  
 Natl. Food Service Mgmt Inst.  
 Natl. Future Farmers of America  
 Natl. Grange  
 Natl. Heart Savers Association  
 Natl. Medical Association  
 Natl. Osteoporosis Foundation  
 Natl. Pasta Association  
 Natl. Pork Producers Council  
 Natl. PTA  
 Natl. Puerto Rico Coalition  
 Natl. Restaurant Association  
 Natl. Rural Electric Cooperative Association  
 Natl. School Health Ed Coalition  
 Natl. Turkey Federation  
 Natl. Urban League  
 North Atlantic Sardine Council  
 NC Sweet Potato Commission  
 Nutrition Council  
 Ocean Spray Cranberries, Inc.  
 Ore-Ida Foods, Inc.  
 Organization of Chinese Americans  
 Pennsylvania Coalition of Food & Nutrition  
 Perdue Farms, Inc.  
 The Potato Board  
 President Council on Physical Fitness & Sports  
 Proctor & Gamble USA  
 Produce for Better Health Foundation (5-A-Day)  
 Produce Marketing Association  
 Produce Productions, Inc.  
 Public Voice for Food & Health Policy  
 The Quaker Oats Company  
 Randell Foods Products, Inc.  
 RC Fine Foods  
 Sabatasso Foods, Inc.  
 Scholastic, Inc.  
 Second Harvest Natl. Foodbank Network  
 Second Harvest - St. Paul  
 Second Harvest - Tri-State Food Bank, Inc.  
 Shape Up America  
 Share Our Strength  
 Snyder of Berlin  
 Society for Nutrition Education  
 Society of State Directors of Health, Physical Education and Recreation  
 SouthEast Alaska Health Consortium  
 Southern Frozen Foods  
 Soy Protein Council  
 Squab Producers of California  
 The Sugar Association  
 Sunkist Growers, Inc.  
 Sunshine Biscuits  
 Texas Citrus & Vegetable Association  
 Tim's Cascade Chips  
 Tony's Food Service Div.  
 Townsend Culinary, Inc.  
 Tree Top, Inc.  
 Tri-State Food Bank, Inc.  
 United Soybean Council  
 United States Dept. of Education  
 United States Dept. of Health and Human Services  
 The Urban Coalition  
 University of Cincinnati Nutrition Program & Nutrition Learning Center  
 University of Hawaii Cooperative Extension Service  
 Urban Family Institute  
 The Urban Mission  
 USA Dry Pea & Lentil Council  
 USA Rice Federation  
 USA TODAY  
 Van Camp Seafood Company, Inc.  
 Vegetarian Resource Group  
 Virginia Apple Growers Assoc.  
 Voices for Children in Nebraska  
 The Walt Disney Company/Buena Vista TV  
 Wawona Frozen Foods  
 Wheat Foods Council  
 Wisconsin Nutrition Project  
 Wisconsin Rural Development Center, Inc.  
 World Hunger Year  
 Zartic, Inc.

*Team Nutrition is a program of the United States Department of Agriculture. USDA does not endorse any products, services, or organizations.*

# How to Get Involved with Team Nutrition

Want to join Team Nutrition? The first step is to ask your children's principal if the school is, or has plans to become, a Team Nutrition School. If they are not yet a Team Nutrition School, suggest they contact the child nutrition director at your state department of education who can help them get on board. All parents can be a part of Team Nutrition to improve school lunches. You can also be part of your school's nutrition education activities. Try this:

- ◆ ***Do Lunch With the Kids.*** Eat breakfast or lunch at school with your kids. See what the meals are like. Notice the atmosphere. If you want to improve what you see, do something.
- ◆ ***Talk Out of School.*** Make your opinions heard. Talk to other parents. Work with your PTA and school board to support healthy school meals.
- ◆ ***Discuss Your Principles.*** Go to the principal. Discuss the importance of good nutrition and physical activity. Suggest programs. Ask for cooperation. Follow through.
- ◆ ***Know What's for Lunch.*** Get a weekly menu of school meals. Ask for nutrition facts so you can be sure the menu meets the Dietary Guidelines for Americans. Put it up on your refrigerator. Discuss all the healthy choices with your kids.
- ◆ ***Team Up With the Food Service Staff.*** Visit the school cafeteria. Get to know the staff. Let them know you value their services...and appreciate good daily nutrition for your child.
- ◆ ***Plant a Seed.*** Show your kids and their friends where healthy food comes from. Help your school start an edible landscape with a garden of goodies like fruits, vegetables, and herbs.
- ◆ ***Throw a Tasting Party.*** Volunteer to organize a classroom tasting party to introduce and encourage nutritious new foods the kids may never have tried.
- ◆ ***Set Up a Group. Get involved.*** Form a parent advisory committee for school meals. Recruit enthusiastic, "can-do" people to work with you.
- ◆ ***Serve Your Kids Food for Thought.*** Make sure kids appreciate how healthy breakfasts and lunches serve their minds as well as their bodies.
- ◆ ***Listen.*** If you listen to what your kids are learning at school about good nutrition, you can help them put their knowledge to work at home, too.

By being an active parent in your child's school, you're helping your children learn to enjoy good-tasting, good-for-them foods. By helping them develop good eating habits, you are improving their health.

# Hotlines, Addresses, Internet

## U.S. DEPARTMENT OF AGRICULTURE

### TEAM NUTRITION

For more information to get your children's school involved in the promotion of healthy school meals, contact:

#### USDA's TEAM NUTRITION SCHOOLS

P.O. Box 0812  
Rockville, MD 20848-0812  
Email: [teamnutrition@reeusda.gov](mailto:teamnutrition@reeusda.gov)

**USDA's Food and Nutrition Information Center (FNIC)** is located at the USDA's National Agricultural Library in Beltsville, Maryland. USDA program participants may borrow food service reference materials, videos, and training materials free of charge. The public is able to visit the Library and research nutrition education and training materials. On-line bibliographies are offered to assist you in research.

FNIC maintains Gopher and World Wide Web (WWW) sites where users may read, print, or download information. FNIC is linked to other Gopher and WWW sites around the world. The WWW address for FNIC is:

<http://www.nal.usda.gov/fnic/>  
The Gopher address is:  
<gopher.nal.usda.gov>

### USDA's Food Safety and Inspection Service offers the **1 (800) 535-4555 Meat and Poultry Hotline**

for consumers. Contact the Meat and Poultry Hotline for information on food safety, labeling, and wholesomeness of foods. In Washington, D.C. call 202-720-3333. English and Spanish messages available.

You may write for materials:  
USDA Food Safety and Inspection Service  
Meat and Poultry Hotline  
Room 1165 South Building  
Washington, D.C. 20250

## U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

### Food and Drug Administration FDA/USDA Food Labeling Education Information Center (301)443-3220

Contact this organization for materials and activities related to food labeling education, or write:

Food and Drug Administration  
Office of Public Affairs  
5600 Fishers Lane, HFE-88  
Rockville, MD 20857

### The Food and Drug Administration offers the **1(800)FDA-4010 Seafood Hotline**

for information on seafood buying, handling, and storage for home consumption and labeling. Also provides seafood publications and prerecorded seafood safety messages. In Washington D.C. call (202)205-4314. English and Spanish messages available.

### National Health Information Center **1 (800)336-4797** (301)565-4167 (in MD)

Provides a central source of information and referral for health questions from health educators, health professionals, and the public. A service of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.

National Health Information Center  
P.O. Box 1133  
Washington, DC 20013-1133  
Fax: (301)984-4256

## OTHER ORGANIZATIONS

### National Center for Nutrition and Dietetics **1(800)366-1655 Consumer Nutrition Hotline**

The American Dietetic Association. Listen to a food and nutrition message, speak to a Registered Dietitian, or for a referral to a Registered Dietitian in your area. English and Spanish messages available.

For more information, write to:  
The American Dietetic Association  
National Center for Nutrition and Dietetics  
216 W. Jackson Blvd.  
Chicago, IL 60606-6995

### Safe Drinking Water Hotline **1(800)426-4791**

U.S. Environmental Protection Agency

**Aerobics and Fitness Foundation of America**

1(800)233-4886

Answers questions from the public regarding safe and effective exercise programs and practices.

**American Institute for Cancer Research**

1(800)843-8114

Provides free educational publications about diet, nutrition, and cancer prevention, as well as a Nutrition Hotline staffed by Registered Dietitians.

**Cancer Information Service  
1(800)4-CANCER**

Provides information about cancer and related resources to the public. Distributes free publications from the National Cancer Institute.

**Combined Health Information Database (CHID)**

1(800)955-0906

(BRS Online, to subscribe to CHID)

Database contains many diverse health education resources. It may be accessed at many university, medical, and public libraries.

**Consumer Information Center**

General Services Administration  
P.O. Box 100  
Pueblo, CO 81009  
(719)948-4000

Distributes Federal agency publications. Publishes quarterly catalog of available materials.

**Centers for Disease Control and Prevention**

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)  
Technical Information Service Branch

4770 Buford Highway, MS K13  
Atlanta, GA 30341-3724  
(404)488-5080

Provides information and referrals to the public and to professionals. Visit the NCCDPHP Information Center and use the collection by appointment.

**National Dairy Council**

1(800)426-8271

Develops and provides educational materials on nutrition.

**Women's Sports Foundation**

1(800)227-3988

Provides information on women's sports, physical fitness, and sports medicine.

**National Heart, Lung, and Blood Institute**

Information Center (NHLBI)  
P.O. Box 30105  
Bethesda, MD 2024-0105  
(301)251-1222  
(301)251-1223 (Fax)

Materials on cardiovascular health are available to consumers and professionals.

**National Center for Education in Maternal and Child Health**

2000 North 15th Street  
Suite 701  
Arlington, VA 22201-7802  
(703)524-7802  
(703)524-9335 (Fax)

Responds to information requests from consumers and professionals, provides technical assistance, and develops educational and reference materials.

**National Maternal and Child Health Clearinghouse**

8201 Greensboro Drive  
Suite 600  
McLean, VA 22102  
(703)821-8955, ext 254 or 265  
(703)821-2098 (Fax)

Centralized source of materials and information in the areas of human genetics and maternal and child health. Distributes publications and provides referrals.

**National Restaurant Association  
The Educational Foundation**

Industry Council on Food Safety  
1(800)-COOK-SMART  
1(800)-266-5762

Provides information on safe food preparation and handling.

**President's Council on Physical Fitness and Sports**

701 Pennsylvania Avenue NW.  
Suite 250  
Washington, DC 20004  
(202)272-3430  
(202)504-2064 (Fax)

Materials on exercise and physical fitness for all ages are available.

**U.S. Consumer Product Safety Commission Hotline**

Washington, DC  
1(800)638-2772  
1(800)638-8270 (TT)  
(301)504-0580  
(301)504-0399 (Fax)

Maintains the National Injury Information Clearinghouse. Maintains free hotline to provide information about recalls and to receive reports on unsafe products and product-related injuries.

# Publications List

## Books, Pamphlets, Brochures

**Nutrition and Your Health: Dietary Guidelines for Americans, Fourth Edition, 1995, U.S. Department of Agriculture and U.S. Department of Health and Human Services.**  
*For sale by the U.S. Government Printing Office, Washington, DC.*

**Making Healthy Food Choices, USDA, Human Nutrition Information Service, Home and Garden Bulletin No. 250, February 1993, (Spanish version, December 1994).**  
*For sale by the U.S. Government Printing Office, Washington, DC.*

**Preparing Foods and Planning Menus Using the Dietary Guidelines, USDA, Human Nutrition Information Service, Home and Garden Bulletin No. 232-8.**  
*For sale by the U.S. Government Printing Office, Washington, DC.*

**Food Facts for Older Adults, Information on How to Use the Dietary Guidelines, USDA, Human Nutrition Information Service, Home and Garden Bulletin No. 251, 1993.**  
*For sale by the U.S. Government Printing Office, Washington, DC.*

**A Quick Consumer Guide to Safe Food Handling, USDA, Food Safety and Inspection Service, Home and Garden Bulletin No. 248, 1990.**  
*Contact the USDA Meat & Poultry Hotline, at 1-800-535-4555.*

**Preventing Foodborne Illness, A Guide to Safe Food Handling, USDA, Food Safety and Inspection Service, Home and Garden Bulletin No. 247, September 1990.**  
*Contact the USDA Meat & Poultry Hotline, at 1-800-535-4555.*

**The Food Guide Pyramid, USDA, Center for Nutrition Policy and Promotion, Home and Garden Bulletin No. 252, 1996.**  
*For sale by the U.S. Government Printing Office, Washington, D.C.*

**Check It Out! The Food Label, The Pyramid, and You, U.S. Department of Agriculture, Home and Garden Bulletin No. 266, 1994.**  
*For sale by the U.S. Government Printing Office, Washington, DC.*

**Down Home Healthy Cookin' Recipes and Healthy Cooking Tips, March 1995.**  
*Available from the U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH publication No. 95-3408SV.*

**A Tool Kit for Healthy School Meals: Recipes and Training Materials, USDA's New School Lunch and Breakfast Recipes, USDA, Food and Consumer Service, 1995.**  
*Available at school districts and schools who participate in the National School Lunch Program. For sale by the U.S. Government Printing Office, Washington, DC.*